



Food and Fitness



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How Much Vitamin C to Boost Immunity?

When the weather starts to change to colder temperatures, the worry about illnesses increases. Disinfectant sprays, flu shots, increased hand washing, avoiding overly crowded outings, and vitamin supplements are just a few ways to reduce the risk of getting sick. The bad news is getting sick can still happen. Commonly, Vitamin C is one of the most talked about supplements of the season.



Vitamin C (also called ascorbic acid) is required for the growth and repairing process of tissues in the body. This is vital for wound healing, maintaining healthy bones, teeth, skin, and cartilage. Vitamin C is called an antioxidant. Antioxidants fight free radicals that are in the body like cancer cells. The antioxidants are chemicals that interact and neutralize free radicals from causing damage. The human body makes some antioxidants, but additional ones are provided by the consumption of certain foods.

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How Much Vitamin C to Boost Immunity?

(Continued from Page 1)

The body relies on Vitamin C from a healthy diet and supplements. Vitamin C is a water-soluble vitamin. It would be unlikely to consume too much to be harmful to the body since it would be excreted (passed when using the restroom). For adults, the recommended amount is 65-90 milligrams (mg) per day, with an upper limit of 2,000 mg per day. However, doses over 2,000 mg can cause diarrhea, nausea, vomiting, heartburn, abdominal cramps, headache, and insomnia. A healthy diet provides an adequate amount of Vitamin C. In most cases, over supplementing would be the main reason for too much Vitamin C.

Vitamin C is not responsible for helping you not catch a cold. Some evidence supports that high doses of Vitamin C can decrease the length of cold symptoms. Many studies have been conducted to try to find a certain amount of milligrams for the right amount of Vitamin C. The key is to eat a balanced diet and supplement after speaking with a doctor or dietitian. Immune support can be supported with adequate amounts of sleep, moderate exercise, reducing stress, balanced diet, healthy probiotics, avoiding smoking, and regular sun exposure. Many supplements claim to provide immunity support but be sure to do your research and always ask a doctor.

Cold or Flu?

Cold	Symptom	Flu (Influenza)
Rare, Mild (less than 100°)	Fever	Almost Always High (Greater than 100°)
Rare	Headache	Common
Slight	General Aches & Pains	Usual/Often Severe
Gradual over a Few Days	Onset	Rapid Onset
Common	Stuffy Nose	Rare
Common	Runny Nose	Common
Common	Sore Throat	Sometimes
Mild to Moderate	Cough	Common – Can be Severe (Dry)



Prepared by Liam LaTouche Hon Bsc (Kin), CSCS, CSEP-CPT
Student of Naturopathic Medicine
www.liamlatouche.com

Vitamin C

How do I get it?

Vitamin C is found in most fruits and vegetables. Also, many foods are fortified with Vitamin C. When necessary, oral supplements can be purchased from most health food stores.

Remember that Vitamin C is water-soluble – it may be lost from the food source if it is cooked in water. Raw Vitamin C rich fruits and vegetables are the best option.

Here are some fruits and vegetables with the richest Vitamin C content:

Fruits:

- Cantaloupe
- Citrus fruits and juices
- Kiwi
- Mango
- Papaya
- Pineapple
- Strawberries, raspberries, blueberries and cranberries
- Watermelon

Vegetables:

- Broccoli, Brussels sprouts and cauliflower
- Green and red peppers
- Spinach, cabbage, turnip greens and other leafy green vegetables
- Sweet and white potatoes
- Tomatoes and tomato juice
- Winter squash

Cautions?

Side effects are quite rare but very high doses may lead to upset stomach and diarrhea

Vitamin C, also known as *ascorbic acid*, is required for the body's normal **growth, development** and **repair**. We must get **Vitamin C** from our diet – it is not produced by the body, nor can we store it (it is a water-soluble vitamin).

What does it do?

Growth and Repair:

- Formation of collagen, a protein involved in the development and integrity of skin, blood vessels, ligaments and tendons
- Wound healing and scar tissue formation
- Maintenance and repair of teeth, bone and cartilage

Antioxidant:

- Protection against *free radicals* and *oxidative stress*
- Free radicals can damage healthy cells and their build-up is linked to the aging process and various diseases (including cancer and heart disease)

Iron Absorption:

- Helps the body absorb iron

Immunity:

- May not reduce the risk of getting a cold, but may reduce its duration and severity

Do I need it?

Vitamin C requirements depend on *age, gender, pregnancy, illness and other factors*. Those that require greater **Vitamin C** intake are:

- Smokers
- Pregnant or breast-feeding women
- Burn victims
- Individuals recovering from surgery



Signs of deficiency include:

- Anemia
- Bleeding gums
- Decreased function of the immune system to combat infection
- Reduced rate of wound healing
- Dry and splitting hair
- Easy bruising
- Gingivitis (inflammation of the gums)
- Nosebleeds
- Rough, dry, scaly skin
- Swollen and painful joints
- Weakened tooth enamel
- Severe deficiency is known as *scurvy*

Disclaimer:

This document does not replace professional medical advice and cannot substitute for regular meetings with your health care provider(s). All information stated in this document is subject to change based on current research – speak to your health care provider regularly.

Vegetable—Celery

Celery is a crunchy, crisp, watery, and fibrous stalk. Celery is a vegetable that is in the Apiaceae or Umbelliferae family with both parsley and carrots.

Celery is low in calories, carbohydrates, and fat. One stick of celery contains about 10 calories. It is particularly known to be a great choice when dieting because 95 percent of the celery is composed of water. Even though celery is not necessarily known for containing high levels of any certain vitamin, celery contains small amounts of vitamins C, K, B12, and dietary fiber. The amount of fiber in celery absorbs water and gives the feeling of being fuller for a longer amount of time.

When purchasing celery, pick one that is firm with tightly packed stalks. Also, look for celery with medium to thick ribs that are easy to break apart. The leaves should not be wilted and pale green in color. Celery should be eaten within seven days of purchasing. After the five to seven day period, celery loses a significant amount of antioxidants.

Celery can be eaten in a variety of ways. In the American diet, celery is usually an ingredient that is added to many dishes to enhance the flavor. Celery can be eaten raw, steamed, boiled, roasted, and blanched. Celery is unlike most vegetables because it still retains most of its nutrients after it is cooked.



JOKE

Q: What did the lettuce say to the celery?

A: Quit Stalking me!

Caloric Ratio Pyramid [? What is this?](#)

Caloric Ratio Pyramid for Celery, raw		
This feature requires Flash player to be installed in your browser. Download the player here.		
73%	10%	17%
Carbs	Fats	Protein



NutritionData's Opinion

[? What is this?](#)

Weight loss: ★★★★★

Optimum health: ★★★★★

Weight gain: ★★☆☆☆

The good: This food is low in Saturated Fat, and very low in Cholesterol. It is also a good source of Riboflavin, Vitamin B6, Pantothenic Acid, Calcium, Magnesium and Phosphorus, and a very good source of Dietary Fiber, Vitamin A, Vitamin C, Vitamin K, Folate, Potassium and Manganese.

The bad: This food is high in Sodium, and a large portion of the calories in this food come from sugars.



Serving size: 1 cup chopped (101g)

NUTRITION INFORMATION

Amounts per 1 cup chopped (101g)

Calorie Information

Amounts Per Selected Serving		%DV
Calories	16.2 (67.8 kJ)	1%
From Carbohydrate	11.8 (49.4 kJ)	
From Fat	1.5 (6.3 kJ)	
From Protein	2.8 (11.7 kJ)	
From Alcohol	0.0 (0.0 kJ)	

Protein & Amino Acids

Amounts Per Selected Serving		%DV
Protein	0.7 g	1%

[More details](#)

Carbohydrates

Amounts Per Selected Serving		%DV
Total Carbohydrate	3.5 g	1%
Dietary Fiber	1.6 g	6%
Starch	0.0 g	
Sugars	1.8 g	

[More details](#)

Vitamins

Amounts Per Selected Serving		%DV
Vitamin A	453 IU	9%
Vitamin C	3.1 mg	5%
Vitamin D	~	~
Vitamin E (Alpha Tocopherol)	0.3 mg	1%
Vitamin K	29.6 mcg	37%
Thiamin	0.0 mg	1%
Riboflavin	0.1 mg	3%
Niacin	0.3 mg	2%
Vitamin B6	0.1 mg	4%
Folate	36.4 mcg	9%
Vitamin B12	0.0 mcg	0%
Pantothenic Acid	0.2 mg	2%
Choline	6.2 mg	
Betaine	0.1 mg	

[More details](#)

Fats & Fatty Acids

Amounts Per Selected Serving		%DV
Total Fat	0.2 g	0%
Saturated Fat	0.0 g	0%
Monounsaturated Fat	0.0 g	
Polyunsaturated Fat	0.1 g	
Total trans fatty acids	~	
Total trans-monoenoic fatty acids	~	
Total trans-polyenoic fatty acids	~	
Total Omega-3 fatty acids	~	
Total Omega-6 fatty acids	79.8 mg	

Learn more about these fatty acids
and their equivalent names

[More details](#)

Minerals

Amounts Per Selected Serving		%DV
Calcium	40.4 mg	4%
Iron	0.2 mg	1%
Magnesium	11.1 mg	3%
Phosphorus	24.2 mg	2%
Potassium	263 mg	8%
Sodium	80.8 mg	3%
Zinc	0.1 mg	1%
Copper	0.0 mg	2%
Manganese	0.1 mg	5%
Selenium	0.4 mcg	1%
Fluoride	4.0 mcg	

Recipe—The Ultimate Chicken Noodle Soup

Ingredients

- ◆ 2 1/2 pounds shredded chicken
- ◆ 1 1/4 tsp pepper, divided
- ◆ 1/2 tsp salt
- ◆ 1 T canola oil
- ◆ 1 large onion, chopped
- ◆ 1 garlic clove, minced
- ◆ 10 cups chicken broth
- ◆ 4 celery stocks, chopped
- ◆ 4 medium carrots, chopped
- ◆ 2 bay leaves
- ◆ 1/4 tsp dried thyme
- ◆ 2 cups uncooked egg noodles
- ◆ 1 T chopped fresh parsley
- ◆ 1 T lemon juice



Directions

1. Pat chicken dry with paper towels; sprinkle with 1/2 teaspoon pepper and salt. In a 6-qt. stockpot, heat oil over medium-high heat. Add chicken in batches, skin side down; cook until dark golden brown, 3-4 minutes. Remove chicken from pan; remove and discard skin. Discard drippings, reserving 2 tablespoons.
2. Add onion to drippings; cook and stir over medium-high heat until tender, 4-5 minutes. Add garlic; cook 1 minute longer. Add broth, stirring to loosen browned bits from pan. Bring to a boil. Return chicken to pan. Add celery, carrots, bay leaves and thyme. Reduce heat; simmer, covered, until chicken is tender, 25-30 minutes.
3. Transfer chicken to a plate. Remove soup from heat. Add noodles; let stand, covered, until noodles are tender, 20-22 minutes.
4. Meanwhile, when chicken is cool enough to handle, remove meat from bones; discard bones. Shred meat into bite-sized pieces. Return meat to stockpot. Stir in parsley and lemon juice. Adjust seasoning with salt and remaining 3/4 teaspoon pepper. Discard bay leaves.

Don't Just Exercise Your Body, Workout Your Brain!



Christmas Decorating

ACROSS

1. Used to wrap a present
4. Decoration for a banister
7. Striped and sweet
9. Used to open a walnut
10. Door decoration
11. Many times these are strung together
13. Glitter for the tree



DOWN

2. Decorative spheres
3. Another word for decorations
5. Christmas tree fruit
6. Might light the dinner table
7. Place where greetings are found
8. Hung by the chimney
12. Might be cedar, fir or pine



December 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Eat a Red Apple Day	2 National Fritters Day	3 Advent Begins	4 Santa's List Day	5 Bathtub Party Day	6 Put on Your Own Shoes Day	7 Letter Writing Day
8 National Brownie Day	9 Christmas Card Day	10 Human Rights Day	11 National Noodle Ring Day	12 Poinsettia Day	13 Ice Cream Day	14 Roasted Chestnuts Day
15 Bill of Rights Day	16 National Chocolate Covered Anything Day	17 National Maple Syrup Day	18 Bake Cookies Day	19 Oatmeal Muffin Day	20 Go Caroling Day	21 Humbug Day
22 National Date Nut Bread Day	23 Roots Day	24 National Egg Nog Day	25 <i>Merry Christmas</i>	26 Boxing Day	27 National Fruitcake Day	28 Card Playing Day
29 Pepper Pot Day	30 Bacon Day	31 NEW YEAR'S EVE				



Monthly Observances

- Bingo Month
- Write a Friend Month

December

Vaping: The Truth About Blowing Smoke

By Dana Wright, WVU Extension Agent – Logan County



Monthly Challenge: Each day, spend five minutes in a quiet place and practice breathing deeply.

Health Motivator Talking Points

- Have you heard of vaping? It is inhaling a scented, flavored aerosol from an electronic cigarette (e-cigarette or e-cig), vape pen or personal vaporizer.
- The inhaled smoke has flavoring and various chemicals often including highly addictive nicotine. The vapor also may have toxic, cancer-causing chemicals, including metals like cadmium.
- Teens and young adults are extra vulnerable to the dangers of vaping. They often lack the knowledge and understanding of the health risks.
- Teens who use e-cigarettes are more likely to start smoking regular cigarettes, which are known to cause disease and premature death.
- Breathing vapors from other people's e-cigarettes (second-hand exposure) is potentially harmful.
- Vaping is not an effective smoking cessation tool. To quit smoking, call 1-800-QUIT-NOW for many helpful resources

Quick Club Activity:

Pass the Water

1. Sit comfortably with feet flat on the floor. Close your eyes.
2. Breathe in through your nose, focusing on filling your lungs with air.
3. Breathe out slowly. Let your lungs empty completely.
4. Repeat several times, focusing on your breath.
5. Slowly open your eyes.

Learn More

www.lung.org

<https://smokefree.gov>



Chuckle of the Month: What did the daddy chimney say to the baby chimney?

You are too little to smoke!



West Virginia Bureau of Senior Services

Kathrine J. Clark, MS, RD, LD

Nutrition Consultant

1 John Marshall Drive

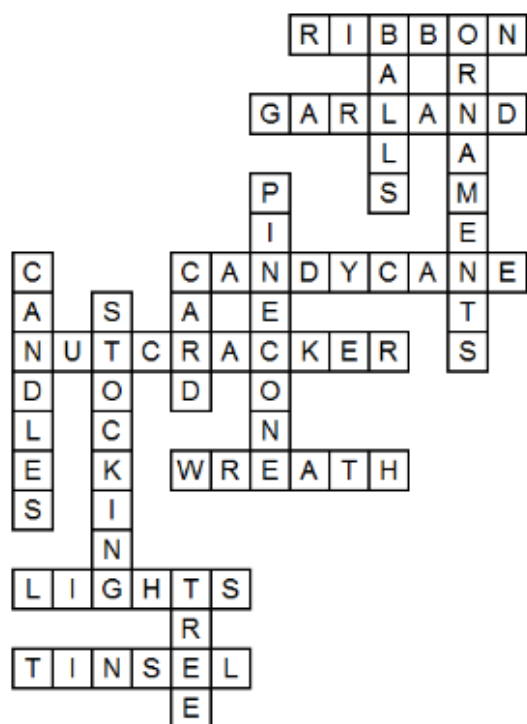
Huntington, WV 25575

Kathrine.Clark@marshall.edu



Brain Exercise Answers

Christmas Decorating



This newsletter is created
by Kathrine J. Clark, MS,
RD, LD, Nutrition Consult-
ant to the West Virginia
Bureau of Senior Services.